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What is claimed is:

1. A conversion integrated circuit (IC) for RF signals, comprising;

a first interface for transmitting or receiving signals in a broadband spectrum;

sideband selection circuit elements coupled to the first interface for up-conversion or down-conversion of the signals to and from an intermediate frequency (IF);

a second interface coupled to said circuit elements for receiving and transmitting at the intermediate frequency (IF); and

an on-chip voltage-controlled oscillator (VCO) coupled to at least one of the circuit elements through one of frequency multiplication or division circuitry for generating a local-oscillator (LO) signal to that circuit element for conversion between the IF frequency and the receive or transmit frequency in the broadband spectrum.

- 2. The IC of claim 1 wherein the on-chip VCO is coupled to two or more of the circuit elements, providing a different frequency to each.
- 3. The IC of claim 1 wherein the broadband spectrum is divided into distinct sub-bands, each coupled to one of the sideband selection circuit elements.
- 4. The IC of claim 1 wherein the VCO, through frequency multiplication or division provides the LO frequency for up-conversion or down-conversion to three or more of the sideband selection circuit elements.

- 5. The IC of claim 1 dedicated to down-conversion of the RF frequency bands.
- 6. The IC of claim 1 dedicated to up-conversion of the RF frequency bands.
- 7. The IC of claim 1 having circuit elements for both up-conversion and down-conversion.
- 8. A broadband receiving/transmitting system, comprising:

an antenna for receiving or transmitting RF signals in a broadband spectrum;

a conversion integrated circuit (IC) coupled to the antenna by a first interface of the IC; and

modulation circuitry coupled to the IC by a second interface of the IC for receiving or transmitting each of the bands at a common intermediate frequency (IF);

characterized in that the conversion IC comprises a first interface for transmitting or receiving signals in a broadband spectrum, sideband selection circuit elements coupled to the first interface for up-conversion or down-conversion of the signals to and from an intermediate frequency (IF), a second interface coupled to the circuit elements for receiving and transmitting at the intermediate frequency (IF), and an on-chip voltage-controlled oscillator (VCO) coupled to at least one of the circuit elements through one of frequency multiplication or division circuitry for generating a local-oscillator (LO) signal to that circuit element for conversion between the IF frequency and the receive or transmit frequency in the broadband spectrum.

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- 9. The system of claim 8 wherein the on-chip VCO is coupled to two or more of the circuit elements, providing a different frequency to each. 10.
- (\*\*\textit{O}\*, The system of claim 8 wherein the broadband spectrum is divided into distinct sub-bands, each coupled to one of the sideband selection circuit elements.
  - 11. The system of claim 8 wherein the VCO, through frequency multiplication or division provides the LO frequency for up-conversion or down-conversion to three or more of the sideband selection circuit elements.
  - 12. The system of claim 8 dedicated to down-conversion of the RF frequency bands.
  - 13. The system of claim 8 dedicated to up-conversion of the RF frequency bands.
  - 14. The system of claim 8 having circuit elements for both up-conversion and down-conversion.
- 15. A method for providing local oscillator (LO) signals to one or more sideband-selection circuit elements in up-conversion or down-conversion circuitry for a broadband spectrum, comprising the steps of:
  - (a) providing an on-chip voltage-controlled oscillator (VCO); and
  - (b) coupling the VCO to the one or more circuit elements using frequency multiplication or division.
  - 16. The method of claim 15 wherein the on-chip VCO is coupled directly to one of the circuit elements and to at least one other through frequency multiplication or division technique.

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- 17. The method of claim 15 wherein the broadband spectrum is divided into distinct sub-bands, each coupled to one of the sideband selection circuit elements.
- 18. The method of claim 15 wherein the VCO, through frequency multiplication or division provides the LO frequency for up-conversion or down-conversion to three or more of the sideband selection circuit elements.
- 19. The method of claim 15 dedicated to down-conversion of the RF frequency bands.
  - 20. The method of claim 15 dedicated to up-conversion of the RF frequency bands.
  - 21. The method of claim 15 enabled for both up-conversion and down-conversion.